

Joy in the Midst of Anxiety  
Philippians 4:1-9

“My prayer is not for them alone. I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. I have given them the glory that you gave me, that they may be one as we are one: I in them and you in me. May they be brought to complete unity to let the world know that you sent me and that you loved them in the same way you have loved me.” John 17:20-23

Principle: Anyone can love the ideal church. The challenge is to love the real church.

“Worry can rob you of happiness.” Proverbs 12:25

Principle: Worry is practical atheism.

Principle: Whatever can be learned can be unlearned.

Principle: God desires that you experience His peace this Christmas season.

Seven disciplines for peace:

1. Anchor your joy in Jesus
2. Respond reasonably
3. Know that Jesus is always with you
4. Pray

3 types of people:

- Those who bring nothing to God in prayer
- Those who bring some things to God in prayer
- Those who bring everything to God in prayer

Principle: There is no problem that is too big for God’s power or too small for God’s concern.

“You have not because you ask not.” James 4:2

5. Pray with thankfulness

“Give thanks in all circumstances for this is God’s will for you in Christ Jesus.” 1 Thessalonians 5:18

6. Stay focused on Jesus

“AS a man thinks in his heart, so he is.” Proverbs 23:7

Principle: Joy is an outward sign of an inward faith in the promises of God.

Principles: Whatever I think about is what I am becoming.

7. Accept the peace of God through Jesus

“When I am afraid I will put my confidence in God. Yes, I will trust in the promises of God.”  
Psalms 56:3

“Every evening, I turn my worries over to God. He’s going to be up all night anyway.” Mary  
Crowley